



**HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-7600**

ARMY BULLETIN NO. 18

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SEMI-ANNUAL AGR ARMY PHYSICAL FITNESS TEST AND WEIGH-IN

1. References:

- a. AR 350-41, Training in Units, Chapter 9
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT will be conducted on Friday, 18 Apr 03, IAW enclosed schedule (see Enclosure 1). The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run, 2 ½ mile walk and alternate bike event (track) will report to the APFT Track at 18th St and Alabama.

3. The inclement weather date for this event is 5 May 03.

4. All AGR soldiers will attend the event, unless specifically excused by the Chief of Staff. Requests to be excused will be initiated by the individual in writing, through their chain of command, to the Chief of Staff.

5. APFT Schedule and Personnel Requirements: See Enclosure 1.

6. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [PFU] is authorized, however, any soldier wearing the new PFU is reminded that the new uniform cannot be mixed with the old PFU, including sweat pants).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the gray or new, black PFU shorts.

- b. Headphones are not authorized during the conduct of the test.

7. Report location is Bldg **3650**, in PFU uniform, to include soldiers on profile.

8. Administrative Requirements for each MSC and G-Staff Section:

a. A roster of all AGR personnel (See format in enclosure 2) will be forwarded to this HQ
ATTN: J1 - AGR Manager, LTC Chimienti, NLT 1 Apr 03.

b. Temporary and/or Permanent Profiles since **15 Oct 02** will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J1, ATTN: LTC Chimienti, retains copies of profiles and the DA Form 705 for each AGR soldier.**

9. Taskings for events and equipment support.

a. G3 schedules, procures, and clears APFT site for the event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site for 18 Apr 03 and 5 May 03 if event is postponed due to inclement weather. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650 and two track bicycles at the APFT track. Provide large digital finish line timing clock.

b. G4 provides water with cups at Bldg 3650 and the APFT track, two scales and tape measurers for height/weight verification in drill hall, Bldg 3650 and lunch for 50 support personnel at Bldg 3650 at 1300hrs.

c. G6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit. Provide six hand-held radios for event.

d. Det 5, HQ STARC provides 4 medical personnel to support APFT and screen profiles at Bldg 3650.

10. Taskings for Site Support:

a. 42nd DISCOM provides 20 TDG soldiers with OIC/NCOIC for weigh-in, height verification, and tape test. Ensure at least two (2) females soldiers are present to tape female soldiers. Provide computer hardware and software necessary to print tape test results, and set-up drill floor for the event no later than 17 1200 Apr 03. A test copy of the DA Form 5500 or DA Form 5501 must verify that the computer and printer are compatible and provide the DA Forms in proper format.

b. 50th Bde provides 20 TDG soldiers with OIC/NCOIC for APFT event scoring and administration (includes clock and camera operation and the warm-up formation).

c. 57th Troop Command provides 5 TDG soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18th, 16th, Buffalo and Alabama Streets. These 5 personnel will report to the Bldg 3650 to 50th Bde OIC.

11. Coordinating Instructions:

a. APFT support OIC's and G-Staff will back brief their support plans to the G3 on 7 Apr 03 in the Main Conference Room, Bldg 3650.

b. The drill floor at HQ, NJNG will be set up NLT 17 1200 Apr 03.

c. Scales will be calibrated at the time they are set up on the drill floor.

12. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.

13. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General


FRANK. R. CARLINI
COL, GS, NJARNG
Chief of Staff

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2 Encls

1. Schedule and Personnel Requirements
2. Roster Format for AGR Soldiers

APFT SCHEDULE

<u>MSC/UNITS</u>	<u>REPORT TIME</u>
All 50 th Bde Units T3BL	0730
All 42 nd DISCOM Units HQ STARC (- Det 4) 254 th RTI, RTS-M, 63AB, Det 19 OSA	1030
Det 4 (R&R), HQ STARC All 57 th Trp Cmd Units	1330

SUPPORT PERSONNEL REQUIREMENTS

<u>MAJOR COMMAND/UNITS</u>	<u>DATE/TIME</u>	<u>PERSONNEL</u>	<u>LOCATION</u>
42 nd DISCOM	18 Apr 03/0700	20	Bldg 3650
50 th Bde	18 Apr 03/0700	20	Bldg 3650
57 th Trp Cmd	18 Apr 03/0700	5	Bldg 3650
Det 5, HQ STARC	18 Apr 03/0700	4	Bldg 3650

- TDG/Technician soldiers are required for APFT support. Soldiers must have a current APFT, and meet height/weight standards of AR 600-9 to perform the duty. Uniform is BDU for testers and support personnel. Rosters of support personnel will be submitted to G3-T, NLT 4 Apr 03. Funding for support personnel will be RMP's. G3 will plus-up unit accounts IAW with rosters submitted.
- There will be a training session for all scorers prior to the test, in order to insure standards are being enforced IAW FM 21-20. 50th Bde OIC will coordinate a training date and location with G3-T office.

Encl 1

AGR APFT ROSTER (Unit and MSC)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	<u>Event & Profile Info</u>
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

X – Indicates soldier takes the APFT event
Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)

Encl 2